

# the Bridge

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SUMMER 2012



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# Commissioner's Message



Beaver County Commissioners, Dennis Nichols, Tony Amadio, Chairman, and Joe Spanik

Article by Commissioner Dennis Nichols

Taking office as a newly elected county commissioner in January, I looked forward with excitement and anticipation to many opportunities and challenges.

After the November elections and prior to my assuming the role of commissioner, our current commissioners, Tony Amadio and Joe Spanik, had graciously allowed me to participate as an observer in several important meetings, and to become initially familiar with the procedures and routines of daily office activities. During this time period the 2012 county budget was approved. The budget planned for an operating reserve of over \$ 3 million dollars. However, actions being taken in Harrisburg and Washington to reduce Medicare and Medicaid funding and to reduce funding for county directed Human Services would soon jeopardize the budget reserve and turn a surplus into a predicted \$8 million dollar deficit. Immediate actions to reduce county expenses, while maintaining necessary services, were undertaken, and these plans and decisions have played a large part in the efforts of the commissioners in the first six months of 2012.

While working to alleviate severe budgetary issues however, I have maintained my focus on the goals I set in my 2011



campaign. These goals include improving the economy of Beaver County, establishing more efficient and effective government on a day to day basis, and supporting education and training activities that help our residents be better prepared for job opportunities in the 21st century.

To support improvement in the Beaver County economy, I have worked along with my fellow commissioners to take full advantage of the financial opportunities that are being afforded by the natural gas industry through the development of the Marcellus and Utica gas shale deposits. Activities to support the natural gas legislation passed by the state legislature as well as activities to support local municipalities in the development of local gas development ordinances have been undertaken. Efforts also have been undertaken to develop good working relationships with natural gas developers as well as concerted actions to attract gas related industries such as Shell. The announcement by Shell in March that Potter Township had been chosen as the potential site of a gas "cracker" facility was possibly the most positive economic news for Beaver County in 50 years.

In addition to taking full advantage of the opportunities

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# the Bridge

Connecting the People of Beaver County

Fall/Winter 2011

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### We want your feedback.

Please let us know what you have enjoyed about 'The Bridge,' and what you'd like to see in future issues.

Drop us a note at the courthouse or e-mail us at

**TheBridge@beavercountypa.gov.**

### Cover Photo:

The Main House,  
At Old Economy Village in Ambridge

### Back Cover:

Industrial Barge,  
Heading up the Beaver River

Photos by Emmanuel Panagiotakis

## Can You Do Anything With 'FIDDY CENTS' Anymore?



There are times when really anything, anything still do with 'fiddy cents.' five dimes, ten nickels, pesky pocket change. point, and not too far

will abandon the production of coins as legal tender, simply because there's not much anyone can do with them anymore. Think about it, most vending machines have converted to bill slots for payment, and parking garage machines have done the same. Toll road entry and exit booths are eliminating that basket hoop for coins, and replacing it with bill slots. Even the popular and talented rapper, 'Fiddy Cent,' a name that made him millions, is starting to use his birth name again, Curtis James Jackson III. But there are some diehard people who still try to fill oversized glass jars with coins, while others are cramming their car ashtrays with them, with the idea that they'll be used for something down the road. Americans touring Italy may have the best use for coins when they toss them into the Trevi Fountain, most likely accompanied with the wish for good health and the return of many, many more coins.....but enough said about not knowing what to do with two quarters, five dimes, ten nickels or fifty pennies, because if we put enough of them together, the Beaver County Veterans will find them very, very valuable. Let's find out why.

A couple of issues ago, in The Bridge, an article appeared featuring the new Veteran's Memorial Bridge, being constructed to span the Beaver River at the northern end of Bridgewater and the southern end of New Brighton. Of the many readers of the article was Jerry Fisher of Brighton Township, a member of the Beaver County Veteran's Memorial Bridge Committee (their sponsoring organization is the Viet Nam Veterans of Beaver County, Chapter 862). Jerry, and a circle of veterans, made a deliberate and dedicated decision to fundraise for the purpose of building a permanent and 'militarily significant' Veteran's Memorial near the Bridgewater entrance to the new span. The pentagonal memorial (pictured bottom of page 7) will honor our county veterans of the Army, Navy, Marines, Air Force, Coast Guard, Merchant Marines and the National Guard. Jerry and his group of Beaver County Veterans have laid the foundation, not only for the actual memorial, but also for a lofty fundraising drive to cover the estimated \$100,000 cost of construction. The fundraising plans include T-shirts with a picture of the Pentagon on the front, and on the back, the inscription 'I helped build the Veterans Bridge Memorial in Beaver County, Pennsylvania.' The T-shirts will sell for \$10 (possibly a little more for very large sizes). They are also selling the 325 red bricks that will create the inner square floor, within the 15 foot circle, that will be positioned directly in front of the pentagonal upright. The bricks will sell for \$100 and will include an inscription. Additionally, the group will be selling keepsake 'paper bricks' selling for just \$1.

The drive is planned to kick off in the next month, and the fundraising items can be purchased at the Shirley Shoppe in Beaver, Fubio's Barber Shop in Beaver, PCR Travel in Center Township, Pennsylvania Metal Cleaning in Monaca, Hostess Shoppe in Beaver, Jim Christiani's Campaign Office in Beaver and Boffo Motors in New Brighton. The Veterans Group is seeking other businesses throughout the County to step up and volunteer as sites to sell fundraising items. Their goal is to have at least one business within each community in the County. Interested businesses are encouraged to email [jmbridge@live.com](mailto:jmbridge@live.com), to volunteer as a site for selling fundraising items.

*But, by now, you must be wondering where this 'fiddy cent' (50 cents) thing fits in to all of this?*

Continued on page 6





# The Touching Reality of Friendship Ridge

## Rehabilitation Unit 'Open for Business' at Friendship Ridge

It was 2:00 pm Wednesday, March 7, 2012, on the 2nd Floor annex wing of Friendship Ridge. It started out with a prayer from Father Bill Schwartz (Friendship Ridge and Medical Center Chaplain), and ended 30 minutes later with champagne and snacks in an adjacent activities room. What happened in that 30 minute span was far more than the ribbon cutting for the new Rehabilitation Unit at the Ridge, it was yet another example of 'people caring for people' at Friendship Ridge.

Marking the beginning of a uniquely new direction for health care at the county facility, Friendship Ridge doors are now open for medical rehabilitation for patients of all ages, operated by Premier Therapy. According to Friendship Ridge Administrator Charles Rhoads, 'Patients who would be eligible to use the Rehab Center would be those, of all ages, who require additional rehabilitation services for speech, physical and occupational therapies, especially after a hospital stay.' Mr. Rhoads goes on to say that 'the unit is designed to maximize independence and teach adaptive skills, and most of the patients return home after rehab, with the average length of stay being 25 days, and that patients will receive individualized care plans that will meet their needs and the needs of their families.' The Unit will provide teaching to family members as needed so they can understand and assist their loved one. To this point, the Unit has completed rehabilitation on patients receiving knee and hip surgeries, and for patients recovering from strokes. Prospective patients for the Unit are medically screened (reconditioning) and do qualify for placement.

### Personal Accounts Are Always Interesting

A woman from Hopewell sent us an email about her Mom, Roseann, who was born and raised in West Mifflin, currently residing in Hopewell. Roseann is a retired nurse, after 38 years in the profession, and being from West Mifflin, was an original 'Kennywood Kid.' I think that means she was a regular fixture at

the famous amusement park. We were told that Roseann always claimed to be a POW, not a prisoner of war, but instead, a prisoner of Walmart. As traditionally American as Roseann and all this sounds, there is another reason we have introduced you to Roseann, the original 'Kennywood Kid.' During April, Roseann was a patient at the new Rehabilitation Unit at the Ridge. She had something to say about the Unit.....remember she's a retired nurse, and the following is an excerpt taken from the email we received from her daughter.

My Mom had her right hip replaced about 10 years ago, and her left knee about seven years ago. Hip replacement and recovery went well, but not so well with the knee. The left knee experience wasn't good and it scared her when the right knee became troublesome as well. Being frightened delayed the decision to have surgery on the right knee, and the delay contributed to her changing lifestyle. She also suffers from fibromyalgia and arthritis. So pain is a very real part of her everyday life, and the knee was making it worse. She was under the care of GPOA, Dr. Hribar. Early treatment for her knee was cortisone shots and then the three-phased chicken shots. The knee showed no improvement and knee replacement surgery was recommended.....She had the surgery at Sewickley hospital, and received her physical therapy at the new Unit of Friendship Ridge, where she received wonderful treatment and care from the therapists and the staff. A contributing factor in having her surgery was the opening of the new Unit at Friendship Ridge. She arrived at the Unit, on Annex Two, on Good Friday, and was released after two and a half weeks, on April 25. She talks everyday about the wonderful care and treatment she received from the entire staff and everyone at the facility. She was being cared for as a 'whole person,' not just a surgical patient. The activities also kept her spirits and interests high. And the food service was very good and tasty, with a good quality of meals, and never had the same meal twice. These incidentals are important to patients, and my Mom can't stop telling people how well she was treated, both personally and medically.

We at The Bridge would like to thank Roseann, and her daughter, for the wonderful story. But we do have one comment.....'retired nurses think they know everything, but maybe, just maybe.....they do.'

# Commissioner's Message

Continued from page 1

that the natural gas industry is bringing to Beaver County, we will work to use the spotlight being directed here to attract other diverse types of businesses that will provide good paying jobs long after the gas industry has been played out. To accomplish this goal we are working on the establishment of a focused economic development plan utilizing expert economic development specialists in conjunction with ongoing activities with the Beaver County Chamber of Commerce and municipal Chambers of Commerce, Council of Government, Corporation for Economic Development, and development teams from individual municipalities. We are also working to coordinate the activities of the Beaver County Planning Commission, the Redevelopment Authority of Beaver County, and many other economic development groups that have previously acted in a more isolated manner. We are also forging a closer working relationship with the Pittsburgh Regional Alliance to take advantage of that organization that has been recognized as one of the best economic development groups in the United States.

As was stipulated in the county 2010 comprehensive plan, an Economic Growth Commission is being established with representatives from the key industries in Beaver County. By executing a well-constructed plan for economic development that includes the synergy of coordinated economic activities from the various organizations and agencies, and also includes

strong marketing and promotional activities, Beaver County's economic future will be bright for decades to come.

A second goal for Beaver County is to establish day to day government functions at the county level that provide our residents with required services at the lowest cost in terms of taxes paid. To this end interviews with all county operational departments have been accomplished in the first six months of this year. Ongoing working relationships with county department directors will be established that will facilitate specific annual plans and goals for each department. Accountability for performance, both on an employee level as well as a department level, will be developed in the coming months. Performance of daily government activities must pass the test of efficiency and demonstrate best practice for the benefit of our residents who consume county government services.

A third goal for county activities is the support of programs that enhance the education and training that allow our residents to acquire the jobs that will be developed in the years to come. Job opportunities will become available in the future for both college and non-college candidates. We must make sure that the education and training are available so our own Beaver County residents can fill these new jobs. To that end we are working to support the Community College of Beaver County, Penn State Beaver, Geneva College, Mountain State University as well as the programs of our high schools, the Beaver Valley Intermediate Unit, Beaver County Job Training, the Work Force Investment Board, trade union training programs, Career Link, and others. Plans are currently underway to coordinate the efforts of our education and training providers so they may work together to maximize our capability to provide capable workers for trade and professional careers.

In the next 5 to 10 years Beaver County will experience a transformation brought about by a strengthening economy. It is my goal and that of my fellow commissioners to manage the opportunities coming our way for maximum benefit to all our county residents.

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# Nancy Cozzucoli Werme...

## Beaver County Prothonotary

### You Say You're WHAT?



Nancy Cozzucoli Werme

Nancy Cozzucoli Werme was born and raised in the Aliquippa, Hopewell area in a labor oriented family. In fact, both she and her husband, Russ, are lifetime residents of Beaver County, where they've raised and educated their two children, Russ III and

Marie, and are also the proud grandparents of three grandchildren, Christopher, Teagan, and Dayne.

Nancy has been Beaver County's Prothonotary since January of 2000. How she came to hold that office and what she has done to improve it is an interesting story, one that we should know. But, in her characteristically definitive style, Nancy would like for us to know just what a Prothonotary does in Pennsylvania.

Nancy notes that many people are confused by the title of her Office, just as President Harry S. Truman was in the 1940's, when he came to visit Mayor Dave Lawrence. The Pittsburgh Mayor gave the President a tour of the Courthouse during which Truman asked, 'What the hell is a Prothonotary?' No one seems to know just how the Mayor responded. Nancy, however, tells all inquirers the same thing. She says, "Black's Legal Dictionary tells us that the Prothonotary is the 'chief clerk in certain courts of law.'" Nancy relates that her office files all of the civil court filings and pleadings which include divorces, custody, judgments, condemnations, injunctions, state and federal tax liens, land disputes, automobile accidents and many other filings. From 2007 to 2011, the Prothonotary's Office averaged 62,500 filings and pleadings per year. It is the largest filing office in the County.

In 1999, Nancy with her history of working in the Prothonotary's Office and local law firms, decided to pursue her dream of running for public office. She jumped into the challenging world of Beaver County politics and campaigned on the platform of 'giving the people of Beaver County a more efficient and user-friendly office.' She pledged to consider the citizens of the County while designing the physical elements of the office, training its personnel, and getting its work done. The voters, taking Nancy at her word, elected her in November of 1999.

She and her staff designed the interior of the new Prothonotary's office to make it easier for staff to quickly serve its walk-in users. The new design also provided a desk and local call phone for the public as well as five public computer stations for access to all office documents and records. Nancy also installed

and staffed a one-stop passport office to serve Beaver County's citizens.

Since taking office, Nancy and Staff have also provided free notary service to the

Nancy put many of the simpler filed in the office online, so the

public. legal forms commonly public could download and use them.

Over the years, Nancy and her Solicitor have made available a number of instruction packets that assist members of the public in handling minor matters that do not justify the expense of an attorney. She authored an appeal packet that helped litigants file appeals from the decisions of local Magisterial District Judges. Nancy located, and actually returned, \$48,000 of private citizen money that for decades had lingered on the Office books. She and her staff worked with the Controller's Office to clean up audit problems that had existed through several prior administrations. Nancy researched, identified and purchased the up-to-date software and equipment necessary to digitize office records and documents, to both preserve, and make their access and retrieval easy and certain. The Office goal is to bring all records and documents into the a digitized database.

In a three-year process conducted with the help, hard work, and guidance of the Beaver County Historical Society and Genealogy Society, the Prothonotary's Office organized, digitized, and indexed all of the County's immigration records from 1803 to 1985. These records are now searchable and retrievable via computer.

Nancy looks forward to the day when she can help install and implement an electronic filing system that will suit the needs of the Court, attorneys, and the citizens that use her office. Nancy says, 'Technology is the key to the future of this office. We will need automation to keep staffing levels and costs at a minimum. Every year the court system and the Legislature ask my office to perform additional and complex functions. Without the use of technology, costs will go up more than I am willing to accept.'

To this point, Nancy has been winning the cost control battle. Over the past 10 years, she has been able to reduce staff through attrition and keep her costs under budget every year. During that ten-year period, the Prothonotary's Office has under-spent its budget, with an average annual savings of \$34,650.

As a board member of the Pennsylvania Prothonotary and Clerks Association, she also served as its President in 2008. And as a dedicated Prothonotary for Beaver County, Nancy Cozzucoli Werme plans to continue her work and research, creating pathways to serve the citizens of our county in a friendlier and even more efficient process. The Commissioners are proud of the cooperative relationship she has established and maintained with her staff, the courts, the attorneys and citizens of Beaver County.

Continued on page 6

# FIDDY CENTS

Continued from page 2

Then let's reiterate our original question, Can you do anything with 'fiddy cent' anymore? Well the answer is a resounding YES.

We at The Bridge have an incredible idea that has to do directly with that 'fiddy cent' thing and the Beaver County Veterans fundraising drive. According to the 2010 census, we have about 170,000 people in Beaver County. If every person in the County would contribute just 50 cents sometime before the Veterans Memorial Bridge dedication on May 20, 2014.....how much money would that total? The answer is \$85,000. And since we've already determined that you really can't do much of anything else anymore with two quarters.....or five dimes.....or ten nickels.....or fifty pennies.....why not give them to a group of people who have given us just about everything, and are interested in building a 'militarily significant' Veteran's Memorial for Beaver County?

So, in addition to the fundraising items being sold at the businesses around our County, there will be those glass jars. You know, those large ones that many people throw coins in? Why not make a deliberate and dedicated decision to throw just 50 cents into one of those large glass jars? Beaver County people work together. We'll make sure to place the jars right up front so they're easily seen. Besides, the Trevi Fountain is a long toss from Beaver County.

**"MY LUCK'S  
GONNA  
CHANGE."**

Maybe it already has.

Problem gamblers stand to lose a lot more than just their money. Gambling can cost them their home, their job, their family... even their freedom. If you think you or someone you love has a gambling problem, help is available. Visit [PAProblemGambling.com](http://PAProblemGambling.com) to learn the warning signs, or call 1-877-565-2112.

[PAProblemGambling.com](http://PAProblemGambling.com)

 BEAVER COUNTY  
Drug & Alcohol Program

## Nancy Cozzucoli Werme *Beaver County Prothonotary*

Continued from page 5

Beaver County Children & Youth Services is in need of individuals with an interest to foster teens. There is a mistaken notion that fostering parents need to have 'special and unique qualifications' to be a guiding force in the lives of these adolescents. If you are able to share a common interest with a child, meet them on their level, and protect a child from abuse and neglect, while providing a safe and temporary home, you can be a foster parent.

To insure that foster parents are able to deal with all types of children that come into placement, Beaver County Children & Youth Services has contracted with Pressley Ridge to provide a master level, foster parent support consultant to assist parents with issues that could arise during a placement. Chris Caprini will provide face to face, crisis situation consultation to fostering parents of a teen with behavior issues.

Chris will be available 24/7 for crisis intervention to the foster parent that may have a concern or question regarding how to address a behavior or outburst. When contacted, Chris could provide support techniques to deal with those issues and follow up with community services accessible to the family. The foster parent support consultant will work hand in hand with the county placement caseworker to reach common goals and solutions for the behavior issue.

Trained mentor parents are paired with new foster family homes receiving placements for the first time. The mentor parents are introduced to create a support network of experienced parents having functional knowledge with issues that are commonly confronted by the agency. The mentor parent is usually a parent with at least two years of foster parenting experience, in good agency standing regarding certification, and has completed the mentor training program.

Caseworkers also collaborate with Chris regarding general parenting issues that could be of assistance to existing foster homes placements that are not experiencing any behavior issues. This becomes relevant when a child is getting ready to be returned to their parents after being in care for some time.

The agency also utilizes Chris with placements into our foster parent shelter homes. Contact is required within the first 24 hours of a child's placement in a shelter home, to provide an added support component for the parent.

So please, if you think temporary, foster parenting may be something for you, and would consider the short term challenge of supporting troubled youth on a temporary basis, please contact Beaver County Children and Youth for further information at 724-891-5800. You can make a difference.

The goal of Beaver County Children & Youth Services is to keep the family together, whenever possible, and a substitute care service such as foster parenting, may be an appropriate care option for a short time.



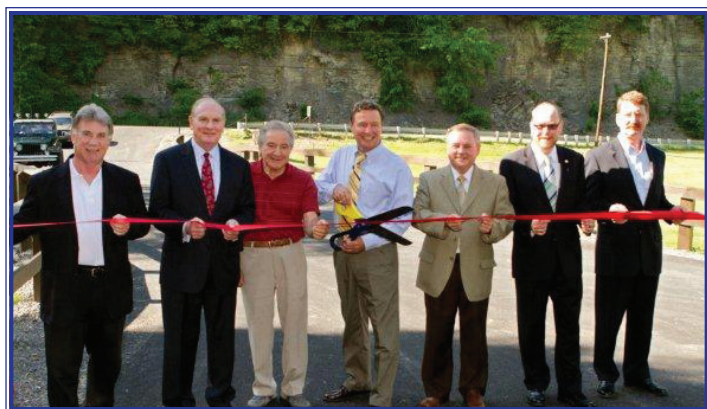
# Bradys Run Lodge Bridge Replaced

After a major rain storm last September 19, the guiderail on the existing structure crossing Bradys Run Creek near the Lodge and a portion of the approach roadway were washed away and resulted in the closing the main access to the Lodge. The former structure used to cross the creek was made up of eight pipes with a concrete deck and was subject to becoming clogged with debris on many occasions. This unfortunate incident caused cancellation of several events that were planned to be held in the Lodge for the remainder of the year, as well as to devise a plan of immediate action to provide access to the Lodge.

The County's Bridge Committee, led by former Commissioner Charlie Camp met with their bridge engineer, Widmer Engineering Inc., to discuss possible options. The County's goal was for a cost effective, esthetically pleasing, safe structure that could also pass flood events without closing access to the lodge.

With these thoughts in mind and the fact that the Beaver County Maple Syrup festival was fast approaching at the end of March, the option of a pre-fabricated structure was discussed and approved. As a result, the project was designed in October, bid in November, and the contracts were executed in December. The construction phase began in mid-January with the demolition of the former structure and the bridge opened to traffic in time for the Maple Syrup Festival. The paving had to wait until after the festival since the asphalt plants do not open until April. The milder than normal winter we experienced allowed the contractor, JET Excavating, to complete the project for all County residents to enjoy.

At their last public meeting of 2011, the Board of Commissioners passed a resolution naming the new bridge the Charles A Camp Bridge, for leading the way on the County's Road and Bridge Committee, and securing the funding for the new Veteran's Memorial Bridge that crosses the Beaver River between Route 18 in Rochester Township and Route 51 in Fallston. The official ribbon-cutting ceremony for the bridge at the Lodge was held on May 17.



## VETERANS MEMORIAL BRIDGE

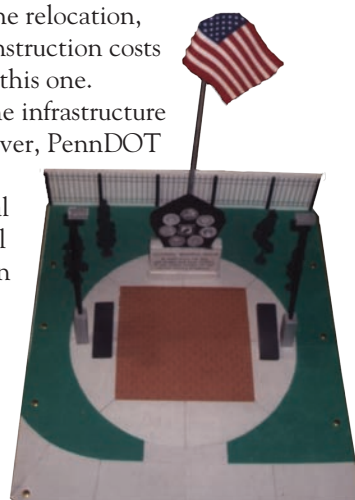


In the Summer, 2011 edition of The Bridge we published an article on the construction of the new Veterans Memorial Bridge, located over the Beaver River between Route 51 and Route 18, in Fallston and Bridgewater boroughs and Rochester Township. It will connect Route 51 north of Riverside Drive to Route 18 near YMCA Drive. We now have more bridge update and cost information to share with our readers.

Golden Triangle Construction Co., Inc., of Imperial, PA, was awarded the construction contract for the new Veterans Memorial Bridge project in the amount of \$22,017,522. Construction began in early November 2010, and is expected to be completed in May, 2014.

The total estimated cost for this project is \$34,562,000.00. These costs include engineering, right-of-way, construction of new highway bridge and approaches, replacement of an existing railroad structure, widening of the concrete roadway, milling and bituminous overlay on concrete pavements, bituminous roadway reconstruction, drainage, guide rail and concrete barrier, curb and sidewalk, highway lighting, navigational lighting, signing and pavement marking, signals, railroad relocation, water line relocation, and other miscellaneous construction costs relative to a project such as this one.

Beaver County will own the infrastructure once it is completed. However, PennDOT is overseeing the project as 80% of the funding is federal and 20% is state. There will be no County funds spent on this project.



*Pictured here is an interpretation of the Veterans Memorial.*



# County Office on Aging All About Options

The Beaver Link is a collaborative effort among community agencies and the Pennsylvania Office of Long Term Living to provide information about support to adults ages 60 and older, and individuals ages 18 to 59 with disabilities. The Link can help you evaluate services necessary to retain your independence, make connections that provide needed services and assist with application to determine eligibility. These established partner organizations are ready to help you find the services you may need.

## **Beaver Link Partners:**

[www.bccan.org/beaverlink](http://www.bccan.org/beaverlink)

- APPRISE
- Arc of Beaver
- Beaver County Assn for the Blind
- Beaver County Assistance Office
- Beaver County Behavioral Health
- Beaver County Office on Aging
- Beaver County Rehabilitation Center
- Community Development of Beaver County
- Housing Authority of Beaver County
- Job Training for Beaver County
- LIFE Beaver County
- Lutheran Service Society
- Mental Health Assn in Beaver County
- PA Career Link Beaver County
- Retired Senior Volunteer Program
- Three Rivers Center for Independent Living
- Valley Care Association

## **Did you know?:**

### **APPRISE**

**724-847-2262**

- Apprise Counselors are specially trained to help Medicare eligible individuals make decisions about health insurance and prescription plans and choose the plan that is right for you.
- You may be eligible for financial help with your prescription drugs and your Medicare part D premium if you meet income and resources guidelines.

### **ACHIEVA/ The Arc of Beaver**

**724-775-1602**

- The Arc of Beaver provides protective services to people 60 years of age and older by investigating and intervening in over 400 cases of abuse, neglect, abandonment and exploitation annually.

- Beaver County's protective service team was recognized at the state level for its exceptional efforts to protect older adults, and is working with the district attorney's office, law enforcement and financial institutions to recognize financial exploitation.

### **Beaver County Association for the Blind**

**724-843-1111**

- BCAB facilitates life skills groups and classes, provides transportation and escort to medical appointments and grocery shopping, assists with reading mail and writing checks, as well as helping to obtain orientation and mobility training, reading devices, talking books, and other adaptive aids for people who are blind or visually impaired.

### **Beaver County Assistance Office**

**724-773-7373**

- BCAA determines eligibility and administers the cash assistance, medical, and SNAP (food assistance benefits) for low income residents in Beaver County. Service also include emergency shelter allowances, supportive employment grants, heating and energy assistance (LIHEAP) and disability advocacy.

### **Beaver County Behavioral Health**

**724-847-6229**

- BCBH is an office of the County and administers many of the behavioral health and human services funds spent in Beaver County. The services include mental health, drug and alcohol, intellectual disability, early intervention, outreach, prevention and student assistance programs. A direct service unit provides case management, and outpatient assessment centers operate at the courthouse and jail. BCBH contracts for treatment services, vocational services, meals, mentoring programs, in-home assistance and community outreach.

### **Beaver County Office on Aging**

**724-847-2262**

- BCOA offers a comprehensive range of services for seniors including assessment for needed service and authorization of in home care. We can help you decide what would help you to continue to live in your home, be independent, and enjoy your senior years! Call us for more information about in home care or community services.

### **Beaver County Rehabilitation Center**

**724-847-1306**

- BCRC has been providing vocational services to people with disabilities for 50 years. Its Gifts Delivered featuring Candy Bouquet sells personalized and initialed blankets, spirit



bracelets, candy birthday cakes, scrap bags, silk arrangements, soup and dip mixes, and of course, Candy Bouquets.

- BCRC is the only Beaver County- based Record Management Service offering microfilming and digital imaging service. They provide mailing and UPS service to county residents. BCBS provides outsourcing production services like assembly, drilling, heat shrinking, shredding, weighing, packaging and more.

## **Community Development**

### **Program of Beaver County 724-847-3889**

- Programs support activities that benefit low income persons. Eligible individuals may receive assistance with home safety and access projects, such as ramps. This office also administers federal HOME funds for the county which can be used to address many local housing needs, whether for property purchase or development.

### **Housing Authority of the County of Beaver 724-775-1220**

- The Housing Authority has a website, [www.beavercountyhousing.org](http://www.beavercountyhousing.org), that provides information on various programs of the Authority and how to apply for housing.
- HACB has almost 100 apartments that have been constructed to meet federal standards to assist individuals with mobility impairments.

### **Job Training for Beaver County 724-728-2020**

- Job Training of Beaver County offers an employment readiness program at their Beaver Valley Mall location that is recognized by over 55 Beaver County employers. The Work Certified Program is a national work readiness program developed with employer input to not only address basic and soft skills, but to better prepare the job seeker for workplace expectations. To gain "work certification" the job seeker must master 50 competencies including reading comprehension, business math, customer service, basic knowledge of computers and business tools, resume structure and interviewing skills.

### **LIFE Beaver County 724-378-5400**

- LIFE (Living Independence for the Elderly) offers many individuals an opportunity to continue to live safely in their homes and communities. LIFE is a comprehensive health care and supportive services program for those 55 years of age and older. Financially eligible people receive the services at no cost. Based on an individual's needs, LIFE can provide: comprehensive medical managements by an interdisciplinary team of healthcare professionals; on-call nurse and physician available 24 hours a day; adult day services at the Center; personal care; home care; housekeeping and laundry; rehabilitation therapies; transportation to the LIFE center and medical appointments; medication and medication management; meals; medical equipment; and dentistry, optometry, and audiology.

### **Lutheran Service Society of Western Pennsylvania 724-774-5654**

- LSS operates the Center at the Mall, a center for seniors which offers a variety of health, educational and recreational

activities, exercises, nutritious lunches, computers, and social interaction that helps seniors stay active and healthy.

### **Mental Health Association in Beaver County 724-775-4165**

- This organization helps individuals with a history of mental illness. Social activities are offered through Friendship Room and Phoenix Center. Representative payee services assist people to budget and manage SSI payments. Advocacy programs help individuals and families understand and access mental health programs, and educational and support groups are offered.

### **PA CareerLink® Beaver County 724-728-4860**

- PA CareerLink Beaver County links employers and job seekers to workforce and career services. Over the past year over 15,000 people accessed the office and an average of 200 open job orders were received daily.
- Employment and training services are available to both employer and job seekers at the PA CareerLink® office in the Beaver Valley Mall and online at [www.pacareerlink.state.pa.us](http://www.pacareerlink.state.pa.us). Services include: assistance with job search and creating/improving a résumé; information about jobs in the local area, training available free of charge, and other supportive services that can help while you are searching for a job. PA CareerLink also assists employers in finding qualified applicants to fill their workforce needs, which can include on-the-job training.

### **Retired Senior Volunteer Program 724-378-7547**

- RSVP places people age 55 and older with volunteer opportunities that match their talents and interests. Drivers, mentors, tutors, and administrative helpers are just a few of the examples of activities for volunteers. Can you help? More information is available at [www.beavercountyrsvp.org](http://www.beavercountyrsvp.org).

### **Three Rivers Center for Independent Living 1-800-633-4588**

- Three Rivers Center for Independent Living is a non-residential service organization whose purpose is to assist people with disabilities to lead self-directed and productive lives within their own communities. TRCIL serves thousands of people in western Pennsylvania by providing information and referral, training for independent living, advocacy, and peer counseling. Check out the services at [www.myfastsite.net](http://www.myfastsite.net).

### **Valley Care Association Adult Day Services 412-992-0822 Home Safe Home 724-266-0408**

- Several studies have shown that older adults who attend adult day services programs don't have as many hospital stays. Valley Care Adult Day Services offers medical, therapeutic and social activities that help make seniors' lives healthier and happier.

- Home modifications can help older adults and people with disabilities live in their own homes safely and independently. Home Safe Home, a program of Valley Care Association, can assist by making modifications such as adding grab bars to a shower, building a wheelchair ramp, or installing stair railings.



# HOMELESS IN BEAVER COUNTY?



In 1998, a homeless family of 5 identified themselves to an outreach worker at Head Start. They had lost their home and were preparing to move to another state for employment. In the meantime they were sleeping in their van, trying not to be noticed. They asked for help.

The question they posed 14 years ago forced the social service community to take a good look at homelessness in Beaver County.

The initial response was there was no homelessness in Beaver County, none that we could see anyway. Yet there was no denying this family was homeless, so there was a good chance there were probably others. And if people are homeless, where are they? How do we find them? It was time to have a discussion with schools, police departments, soup kitchens, churches and public and private social service agencies.

If indeed there are homeless people in Beaver County, surely we must have adequate resources for them. If so, what are those resources? At this point, a very small group of volunteers began meeting informally and established the Beaver County Homeless Task Force. Their first objective was to compile a comprehensive and accurate directory of resources for people who were homeless or at risk of losing their housing.

Next, in order to allow someone who was homeless to reach out for help from wherever they were, it was time to start a homeless hotline. This allowed the County to keep track of who the homeless were and to help them get the support they needed.

At the same time, a group known as the Housing Consortium of Beaver County was meeting quarterly to implement supportive housing programs for persons with disabilities, but the group admittedly did not have its finger on the pulse of homelessness. The Consortium recognized the value of joining forces with the Homeless Task Force. A new, comprehensive coalition was formed which included among its diverse membership formerly homeless individuals and members of the community. Agencies with information about homeless populations were invited to attend and share their expertise. Now, seven years later, this collaborative group continues to identify gaps in the provision of services for the homeless

and works diligently to address housing needs for low income persons and families.

Homeless data tracked by community agencies and formerly kept in a simple database maintained at the Beaver County Community Development Program office gradually grew into the Beaver County Homeless Management Information System. A comprehensive, confidential electronic database collects important information about people who are living in places unfit for human habitation, doubled up with family members or friends or staying in shelters and motels. The Homeless Management Info System provides an accurate snapshot of the demographics of homelessness in Beaver County. This data is integral in analyzing homeless trends.

Additionally, a government mandated Point-in-Time Homeless Survey is conducted annually in Beaver County on the last Wednesday in January. In the dead of winter, a group of volunteers go out and canvas areas where they may find homeless persons, in parking lots, under bridges, along railroad tracks and in abandoned houses. In addition, every person in Beaver County who is staying in a homeless shelter or a supportive housing program bed is counted. (Currently, Beaver County has 280 supportive housing beds and on January 25, 2012, 265 of those beds were occupied by formerly homeless individuals. That's an 85% utilization rate!)

All of these efforts have culminated in the opening of The Cornerstone, at 1217 Seventh Avenue, Beaver Falls. Located in the former Homelessness Prevention Rapid ReHousing Office, The Cornerstone will be home to the Emergency Solutions Grant Program, the Homeless Management Information System, a utility assistance program for low income residents and the Franklin Center which operates as the county's information and referral service.

Beginning July 1, 2012, Beaver County residents who are experiencing homelessness or are in danger of losing their housing will have one number to call, one place to go and one coordinated system of care to address their needs.

When someone says, "I am homeless. Can you help?" the answer in Beaver County will be a resounding, "YES! We can and we will".



# Completing the Special Needs Card is the 1<sup>st</sup> Step in Emergency Preparedness

By Schuyler Mu, Beaver County Emergency Services

What is the easiest thing that county residents with special needs can do to prepare for an emergency? Hint: it has to do with the annual mailing that all residents receive from the Beaver County Emergency Services Center. That mailing contains the Special Needs Response Card, which is a lifeline to assistance during an emergency for people with special medical or transportation needs. It enables emergency workers to know who you are, where you live, how to reach you, and what kinds of medical and transportation concerns you have.

There may be a time when a disaster affects your community and you are asked to leave your home. Are you prepared? Do you have transportation? Does anyone know what your special medical and transportation needs are? If not, completing a Special Needs Card every year is the first step in preparing for such an event. If you or other members of your family require special assistance in the event of an emergency evacuation, please complete a Special Needs Card and return it to Beaver County Emergency Services at 351 14th Street, Ambridge, PA 15003.


As you fill in the information, think about the following: Do you have trouble with your hearing? Do you use a hearing aid? Do you have a device (TTY) that enables you to use the telephone without speaking? If an evacuation is ordered and you are asked to leave your home during an emergency, would you be able to drive at any time of the day or night? If you don't have your own transportation, cannot drive, or can only drive on a limited basis, have you talked with your family, friends, or neighbors recently regarding emergency transportation? Do you have any trouble with your eyesight beyond wearing glasses or contact lenses? Do you have difficulty walking and moving around? Do you use a walker, cane, or wheelchair to assist you? If you want to let emergency workers know about any specific medical conditions you have or if you would like to further explain any of the boxes you checked, please write this information on the "special medical problems" line. For instance, if you use oxygen or are on dialysis, you may wish to note it in the space provided.

In order to help you, it is important that emergency workers know exactly who you are and where you live. Please provide your full name, telephone number(s), and the physical address of your home. Post office boxes do not help emergency workers locate you. If you have a caregiver, you may also want to add his or her name and phone number as a contact. Please note that the card asks for your municipality. This also helps emergency workers know where to find you. Your municipality is the township, borough, or city to which you pay your local taxes. Finally, your signature at the bottom of the card shows that you give emergency management officials the authorization to use your information to assist you in case of an emergency.

Your information is maintained securely and distributed confidentially to emergency management workers.

Each year by mail, you should receive your Special Needs Card along with a letter informing you about the "Important Emergency Information" found in your phone book. This information outlines what you should do in case of a nuclear event or other disaster incident. If you do not have a phone book and would like a copy of this information, please contact Emergency Services at 724-775-1700. The Emergency Services Center updates their Special Needs information annually, so be sure to send in a new card every year as long as you require special assistance.



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# FORWARD /U. a Huge Success

Pittsburgh's first Forward /U. community event hosted at the CCBC Monaca campus exceeded goals and expectations on Sunday, April 15, 2012 as over 150 area teens, parents and community volunteers took part in the interactive program designed to empower youth to make informed decisions about drugs, alcohol, and other destructive behaviors.

Community Health Challenge (CHC) produced the program on behalf of the Beaver County Behavioral Health Drug & Alcohol Program (BCBH). The day's events included the Pittsburgh area's first "Tag It" activity, part of the national "Above the Influence" program aimed at getting young adults to identify potential negative influences in their everyday lives and share insights about ways to stay "above the influence."

Teens were assigned mentors and split into small social-modules. They were given Flip-Cams and used their personal portable devices to share ideas via social networking websites like Twitter and Facebook. During the event, a "teen-directed" video slideshow was created on-the-fly using social media and video-editing phone apps.

Simultaneously, parents explored a mock teen bedroom and a presentation offered by Captain Tony McClure of the Beaver County's District Attorney's Office and Corporal Joe O'Sche of the Beaver County Sheriff's Office about drug types, drug paraphernalia, and clever ways teens can hide their substance use.

Presenters included Beaver County District Attorney Anthony Berosh and Mary LaKari from the PA Traffic Injury Prevention Program who had volunteers try to text while driving Mario Kart on the Wii.

"My office works closely with the BCBH," said PA State Senator Elder Vogel who was in attendance at the event, "A program like this is a great idea for Beaver County. These problems are everywhere, in every county, and have impacted many of us personally. It's very important that parents and kids are made aware of this information."

BCBH Single County Authority Administrator Kate Lichius described the program as invaluable to the Beaver area - "Community leaders and parents are very committed to our youth, but don't always know where to turn to contribute or find resources. A program like this gets us on the same page and builds a dialog that will strengthen protective factors in our homes and neighborhoods."

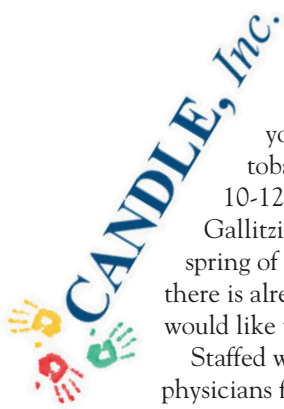
Perhaps the day's most riveting moment came toward the end of the afternoon when activities were interrupted by a brutal car accident that had been staged in the upper parking lot by volunteers from Medic Rescue and the Center Township Fire & Police Departments. Event participants observed the harsh realities that affect both survivors and non-survivors of distracted or impaired driving, as injured or dead drivers and passengers were extricated from the wreckage and put in body bags, ambulances or cuffed and put in police cars.

The event was facilitated and sponsored by many community partners including: Subway, Pepsi, CCBC, State Farm, BOOM Supercreative, American Center for Character and Cultural Education, State Representatives Jim Christiana, Jaret Gibbons, & Jim Marshall.

"This program was a huge undertaking, but the CHC staff, community partners and sponsors contributed a wealth of talent with an outstanding result," said CHC Executive Director Lori Vish-Stearns, "Parent and teen evaluations were full of ideas and requests for future programs. So we're already busy planning Forward /U. 2013!"







Reality Tour® is an innovative drug prevention program for parent and youth aged 10+, because research indicates that youth are first exposed to alcohol, tobacco or other drugs between ages 10-12. Tours offered at the former Mt. Gallitzin building in Baden during the spring of 2012 were filled to capacity and there is already a waiting list of families who would like to attend fall Reality Tours.

Staffed with over 30 volunteers including physicians from Heritage Valley Health System, the Beaver County Coroner's office, Beaver County Sheriff's Department, Lincoln Park Performing Arts Charter School, local police officers, and other community volunteers, the Reality Tour uses dramatic scenes to drive home the evening's message. The educational part of the program provides the basis for informed decisions and good family communication.

Community Health Challenge is producing Reality Tour in Beaver County on behalf of Beaver County Behavioral Health, Drug and Alcohol program, following the guidelines set forth by CANDLE, Inc, the national organization which developed Reality Tour. The evening includes information segments punctuated by dramatic scenes including a makeshift jail (complete with youth wearing orange detention jumpsuits), an emergency room scene (in which a young overdose victim is pronounced dead) and a funeral scene (during which the audience expresses condolences to the grieving family). Accurate and current drug trend information is shared with parents and youth, and the evening concludes with a live visit from a law enforcement speaker, who shares the legal consequences of a life on drugs and an addict in recovery, who shares a compelling story of the descent into addiction and the struggle to climb back out.

Visit [www.CommunityHealthChallenge.org](http://www.CommunityHealthChallenge.org) for more information or to find a schedule of tours for 2012-13. The Reality Tour Drug Prevention Program is a national project of CANDLE, Inc. [www.RealityTour.org](http://www.RealityTour.org).



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## Managing The Family Duality for Foster Children

May 2012 was proclaimed "Resource Parent Month in Beaver County" by the county Commissioners. This proclamation was to honor the Foster/Kinship Parents that already serve the youth of our county. It was also a plea to others in the county to step up and try their hand at fostering a child in need.

There is still a mistaken notion that foster parents need to have special and unique qualifications to provide a safe and nurturing environment for a child that is displaced from their parents. Being a foster parent takes a lot of inner strength, putting your own feelings aside and doing what is in the child's best interests. Welcoming a child into your family can have an extremely positive effect upon the child, and a bond begins to grow that will work wonders for the child's well being. Foster Parents can also have a positive effect on the child's parents by being non-judgemental and helpful. By acting in a positive manner toward biological families, the child does not have to worry about divided loyalties and can appreciate both families. It is very difficult for children to be away from their biological families, even when the separation is necessary to assure their safety. A foster parent can ease the child's transition into a new home by being accepting, warm and concerned. Fostering is a really emotionally taxing job but the rewards are huge for both you and the children and families you help.

Sometimes foster parents maintain a relationship with the child even after they are returned to their parent's care. When the relationship is good they can welcome continued contact with their children. Foster parents are in a unique position to show children and their families another way to live.

Being a foster parent is probably the toughest and most rewarding job you will ever have in life. Although the agency's goal is to keep families together, there are times when this is not possible and children must enter foster care. These children are afraid and grieving and are in need of a compassionate family to care for them. So please, think about it for a moment, is fostering something that you could consider doing?? The rewards will be many for both you and the children you take into your home. If this is a challenge you feel you want to become involved with, please contact **Beaver County Children & Youth Services** for further information.

We can be reached at 724-891-5800.

**Your phone call can change the life of a child,  
as well as your own.**



# Community College of Beaver County Makes the Connection through Social Media



Teaching styles may vary from classroom to classroom but instructors at Community College of Beaver County know the importance of connecting with their students as well as providing resources where students can collaborate and share information with each other. The College uses Facebook and Twitter to connect with current and prospective students and alumni as well as to share content with local businesses and reach out to local and national news sources. In addition, several CCBC instructors use these tools to supplement instruction and reach students by using resources that they are already know well.

Faculty members post assignment reminders and deadlines, photos from student events, and provide links to local events and resources that relate to class topics. Facebook, Twitter, and YouTube also allow students to work on class projects and post their results all in one place. Marie Leone, Instructor/Fine Arts, created a Facebook Page ([www.facebook.com/CCBCFineArts](http://www.facebook.com/CCBCFineArts)) and Twitter account for the College's Fine Arts program.

"To reach students today you have to go to where they are: online. If I send out an update via Facebook, I only have to post one message and all of my students receive it. Many see it on their phones instantaneously," says Leone.

She includes that the use of these social media sites also benefits the students, not only in how they communicate with her, but also by how they interact with their classmates.

"As an added bonus, students not only get messages from me, but have a platform on which they can find each other without divulging any personal information, such as phone numbers or addresses. It's the perfect balance between public and private for both students and faculty alike."

Trish Foley, Instructor/Visual Communications, teaches a Social Media class and uses several forms of social media in her other classes as well. Most

recently, for her Social Media class in the Spring 2012, Foley and her students created a Facebook Page to promote a campus event that was organized by CCBC students. During the event, students created a video promoting the cause and posted it to the CCBC Visual Communications YouTube channel ([www.youtube.com/Building3TV](http://www.youtube.com/Building3TV)). In addition, Foley and her students use a Facebook Page for their Design Charrette, a design contest that is a requirement for all Visual Communications students.

"Using Social Media in the classroom has proven to be a necessary medium that meets the students where they already are 24/7; whether to supplement, facilitate or manage course content and objectives," includes Professor Foley. She continues, "The true challenge of using Social Media in the classroom is to make sure that it is engaging, demands participation, and brings the students together for a successful learning experience."

The College's Facebook Page ([www.facebook.com/CCBCedu](http://www.facebook.com/CCBCedu)) helps connect students with each other and provides them with a place to ask questions, keep track of academic deadlines, find out about and view photos from campus events, plus more in a comfortable, familiar place. Engaging students through social media is becoming a necessity. The College experience must extend beyond the walls of the classroom in order to effectively reach today's students. By using social media in a variety of ways, CCBC is able to make the connection inside and outside of the classroom.





Have you ever wondered what happens to your bi-weekly recyclables? We send raves to those who do, but admittedly, there are many people who simply just don't know much about recycling. Definitely, recycling is the process of making or manufacturing new products from a product that has originally served its purpose. When used, or consumed, products are disposed of in an appropriate, environmentally friendly way, the process of recycling has been set in motion. Recycling is a key component of modern waste reduction and is the third component of the 'Reduce, Reuse, Recycle' waste hierarchy. Materials to be recycled are brought to a collection center, sorted, cleaned, and reprocessed into new materials, bound, once again, for manufacturing.

The Beaver County Recycling Center is located in Bradys Run Park and is the location where recyclable products can be dropped off when they are not collected by Beaver County communities. The center handles an array of recyclable products, some of which include..... animal bedding, mixed paper such as newsprint, magazines, phonebooks and junk mail, different types of metals, glass, plastic bottles, yard waste, used motor oil and antifreeze, and rechargeable batteries.

The employees at the site are cult-like in their allegiance to our environment. And to get us to start trending that way, they ask that we follow just a few simple 'do's and don'ts, when cleaning our recyclable materials. For example, when recycling animal bedding, do be sure it is kept clean and dry, in a paper bag. Don't mix the bedding with other paper products like catalogs, phone books or other mail. When recycling metal products, such as aluminum or steel, do be certain they are rinsed free of any food residue. It is especially important that glass products are thoroughly rinsed and unbroken.

And when preparing glass and plastic bottles for recycling, please do remove lids and caps from the bottles and dispose of them in the trash. When delivering yard waste, make certain that you do report to the office for onsite directions.... and please do remember....this is a residential drop-off site not meant for commercial use. There is a fee for recycling electronics and you are asked to contact the center to get a general fee associated with your material(s). For a complete listing of recycling instructions and for a list of items that are actually recyclable, visit their website at [www.beavercountyrecycling.com/recycling\\_ctr.html](http://www.beavercountyrecycling.com/recycling_ctr.html) or contact the center directly, at (724) 770-2064.

The Beaver County Recycling Center is located at Bradys Run Park in Brighton Township. Public access is available by crossing County Bridge #9 near the south branch of Brady's Run Creek in Bradys Run County Park. The weight restrictions on the bridge have been lowered to a point requiring bridge rehabilitation (to provide truck service to the center). Construction materials have recently been ordered, and the Beaver County Recycling Center will provide a detailed online construction schedule soon. The schedule will also be published



for the public, advising of temporary relocation times and activities. The Beaver County Recycling Center will continue to update the public regarding location and time changes and during this process, Charles Raabe, Center Director, asks that we also continue to look for these updates in future editions of the The Bridge. Director Raabe also reminds us that 'when we take the time to recycle today, we are preparing a better tomorrow for future generations.'

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# Summer Event Listings

The following listing of event happenings is a sampling of events and festivals taking place in Beaver County this summer. Load up the family and get out and enjoy yourselves before the kids have to go back to school. For a more complete listing and description of these and other events, we invite you to click [VisitBeaverCounty.com](http://VisitBeaverCounty.com)



## JULY

- 6-7 **Tuesdays with Morrie** - Red Barn Theatre, 1279 State Route 288, Franklin Township. \$12. 8 P.M.
- 6-8 **Hopewell Parkfest - Bicentennial Celebration** - Hopewell Community Park, 2500 Laird Avenue, Hopewell Township. Fri., 6-10 P.M.; Sat. & Sun. 4-10 P.M.
- 7 **Antique Vehicle Show** - Old Economy Village, 270 Sixteenth Street, Ambridge. 10 A.M.-4 P.M.
- 7-8 **Center Township Community Days** - Fred Taddeo Municipal Park, 224 Center Grange Road, Center Township. 5-10:30 P.M., both days.
- 9 **New Brighton Community Concert - The Monaca Cornet Band** - Townsend Park, 6th Street and 3rd Avenue, New Brighton. 7 P.M.
- 10 **Hopewell Community Big Band** - Hopewell Community Park, Brodhead Road and Laird Avenue, Hopewell. 7 P.M.
- 10 **Metropolitan Italian Symphonic Band** - Brodhead Cultural Center, Penn State Beaver, 100 University Drive, Monaca. 7:30 P.M.
- 12-14 **Tuesdays with Morrie** - Red Barn Theatre, 1279 State Route 288, Franklin Township. \$12. 8 P.M.
- 13 **Beaver Falls Concert in the Park - Hopewell Community Jazz Band** - 37th Street Park and 4th Avenue, Beaver Falls. 7 P.M.
- 13-14 **Lend Me a Tenor** - Ed Schaughency Theatre, Beaver Area high School, Gypsy Glen Road, Beaver. \$8. 7:30 P.M.
- 14 **South Side Historical Village Open House** - Hookstown Fair Grounds, 1198 State Route 168, Hookstown. Open 11 A.M.-3 P.M.
- 14 **Shippingport Car Cruise** - Shippingport Community Park, State Route 3016, Shippingport. 2 P.M. - dark.
- 15 **Beaver County Wind Ensemble** - Quay Park, Downtown Beaver. 7 P.M.
- 17 **Pittsburgh Banjo Club** - Brodhead Cultural Center, Penn State Beaver, 100 University Drive, Monaca. 7:30 P.M.
- 18-21 **Tuesdays with Morrie** - Red Barn Theatre, 1279 State Route 288, Franklin Township. \$12. 8 P.M.
- 19-21 **Lend Me a Tenor** - Ed Schaughency Theatre, Beaver Area high School, Gypsy Glen Road, Beaver. \$8. 7:30 P.M.
- 20 **Beaver Falls Concerts in the Park - The Monaca Cornet Band** - 37th Street Park and 4th Avenue, Beaver Falls. 7 P.M.
- 20 **Darlington Polo Club vs. Powers Polo School** - Polo and First Street, Darlington. 8 P.M.
- 21 **Independence Day of Celebration** - Independence Township Municipal Complex, 104 School Road, Independence Township. 5-10 P.M.
- 22 **Car Cruise** - Chippewa United Methodist Church, 2545 Darlington Road, Chippewa Township. 2-6 P.M.
- 23 **New Brighton Community Concert - The Grooms** - Merrick Art Gallery, 1100 Fifth Avenue, New Brighton. 7 P.M.
- 27 **Darlington Polo Club - Bob Watterson Memorial** - Polo and First Street, Darlington. 8 P.M.
- 27 **Beaver Falls Concerts in the Park - The Grooms** - 37th Street Park and 4th Avenue, Beaver Falls. 7 P.M.
- 28 **Rochester's Hub Up In Smoke Car Cruise** - Adams Street and Brighton Avenue, Rochester. Noon-9:30 P.M.
- 28 **New Sewickley Township Community Days** - Green Valley Park, 184 Snyder Drive, New Sewickley. Noon-dark.
- 29 **6th Annual Italian Festival Una Bella** - Lincoln Park Performing Arts Center, One Lincoln Park, Midland. [www.lppac.org](http://www.lppac.org)
- 31 **Monaca Cornet Band** - Brodhead Cultural Center, Penn State Beaver, 100 University Drive, Monaca. 7:30 P.M.

## AUGUST

- 2-4 **Annual Rusyn Food Festival** - St. John Orthodox Parish Center, Fifth Street and Elm Road, Ambridge. 11 A.M.-8 P.M.
- 3 **Darlington Polo Club - Cleveland** - Polo and First Street, Darlington. 8 P.M.
- 3 **Beaver Falls Concert in the Park** - 37th Street Park and 4th Avenue, Beaver Falls. 7 P.M.
- 4 **Conway Community Day** - Conway Volunteer Fire Department, Social Hall, 900 Gross Street, Conway. Noon - dusk.
- 4 **Beaver Hot Summer Night Car Cruise** - Third Street, Downtown Beaver. 3-9 P.M.
- 4 **BBQ Cook-off Contest & Blues Fest** - Hopewell Community Park, 2500 Laird Drive, Hopewell Township. 11 A.M.-10 P.M.
- 5 **Patterson Heights Community Day** - Patterson Heights Playground, 600 7th Avenue, Paterson Heights. 6-11 P.M.

- 6 **New Brighton Community Concerts** - E.B. McNitt Apartments, 9th Street and 10th Avenue, New Brighton. 7 P.M.
- 7 **Beaver County Symphonic Wind Ensemble** - Brodhead Cultural Center, Penn State Beaver, 100 University Drive, Monaca. 7:30 P.M.
- 10 **Beaver Falls Concerts in the Park** - 37th Street Park and 4th Avenue, Beaver Falls. 7 P.M.
- 10-11 **Over the Tavern** - Red Barn Theatre, 1279 State Route 288, Franklin Township. \$12. 8 P.M.
- 10-12 **San Rocco Festa** - Lefty Cepull Field, Main Street, Aliquippa. 6-11 P.M., each day.
- 11 **Aviation Appreciation Day** - Beaver County Airport, 35 Piper Street, Chippewa. 8 A.M.-4 P.M.
- 11 **Vicary Day at the Mansion** - Vicary Mansion, 1235 Third Avenue, Freedom. 10 A.M.-5 P.M.
- 11 **South Side Historical Village - Open House** - Hookstown Fair Grounds, 1198 State Route 168, Hookstown. 11 A.M. - 3 P.M.
- 11 **Antique Gun Show** - Harmony Museum, Stewart Hall, 218 Mercer Street, Harmony. 9 A.M. - 4 P.M.
- 14 **North Star Kids** - Brodhead Cultural Center, Penn State Beaver, 100 University Drive, Monaca. 7:30 P.M. Free.
- 16-18 **Over the Tavern** - Red Barn Theatre, 1279 State Route 288, Franklin Township. \$12. 8 P.M.
- 17 **Beaver Falls Concerts in the Park - The Swingin' Bopcat Big Band** - 37th Street Park and 4th Avenue, Beaver Falls. 7 P.M.
- 17 **Darlington Polo Club vs. Cincinnati** - Polo and First Street, Darlington. 8 P.M.
- 17-19 **Beaver County River Regatta** - Riverside Drive, Bridgewater. Fri., 6-10 P.M.; Sat., 10 A.M.-10 P.M.; Sun., noon-10 P.M.
- 18 **Potter Township Centennial Celebration** - Potter Township Municipal Park, 206 Mowry Road, Monaca. 3 P.M.-?
- 18 **Koppel Borough Centennial Celebration** - 5th and 6th Avenue, Koppel. Noon-10 P.M.
- 21 **Mark & Donna Groom** - Brodhead Cultural Center, Penn State Beaver, 100 University Drive, Monaca. 7:30 P.M.
- 21-25 **Hookstown Fair** - Hookstown Fairgrounds, 1198 State Route 168, Hookstown. 8 A.M. - 11 P.M. \$8 before 3 P.M.; \$10, after 3 P.M. Seniors free all day Wed.
- 21-25 **South Side Historical Village** - Hookstown Fairgrounds, 1198 State Route 168, Hookstown 10 A.M.-9 P.M.
- 22-25 **Over the Tavern** - Red Barn Theatre, 1279 State Route 288, Franklin Township. \$12. 8 P.M.
- 24 **Darlington Polo Club** - Polo and First Street, Darlington. 8 P.M.
- 26 **Gertrude Rapp's Birthday** - Old Economy Village, 270 Sixteenth Street, Ambridge. Noon-3 P.M.
- 28 **Joe Grkman Polka Band** - Penn State Beaver, Brodhead Cultural Center, 100 University Drive, Monaca. 7:30 P.M.
- 28- **Big Knob Grange Fair** - Big Knob Grange Fairgrounds, 336 Grange Road, Rochester. **Sept. 1** Borough. Tues-Fri., 4-11 P.M. Sat., noon-11 P.M.

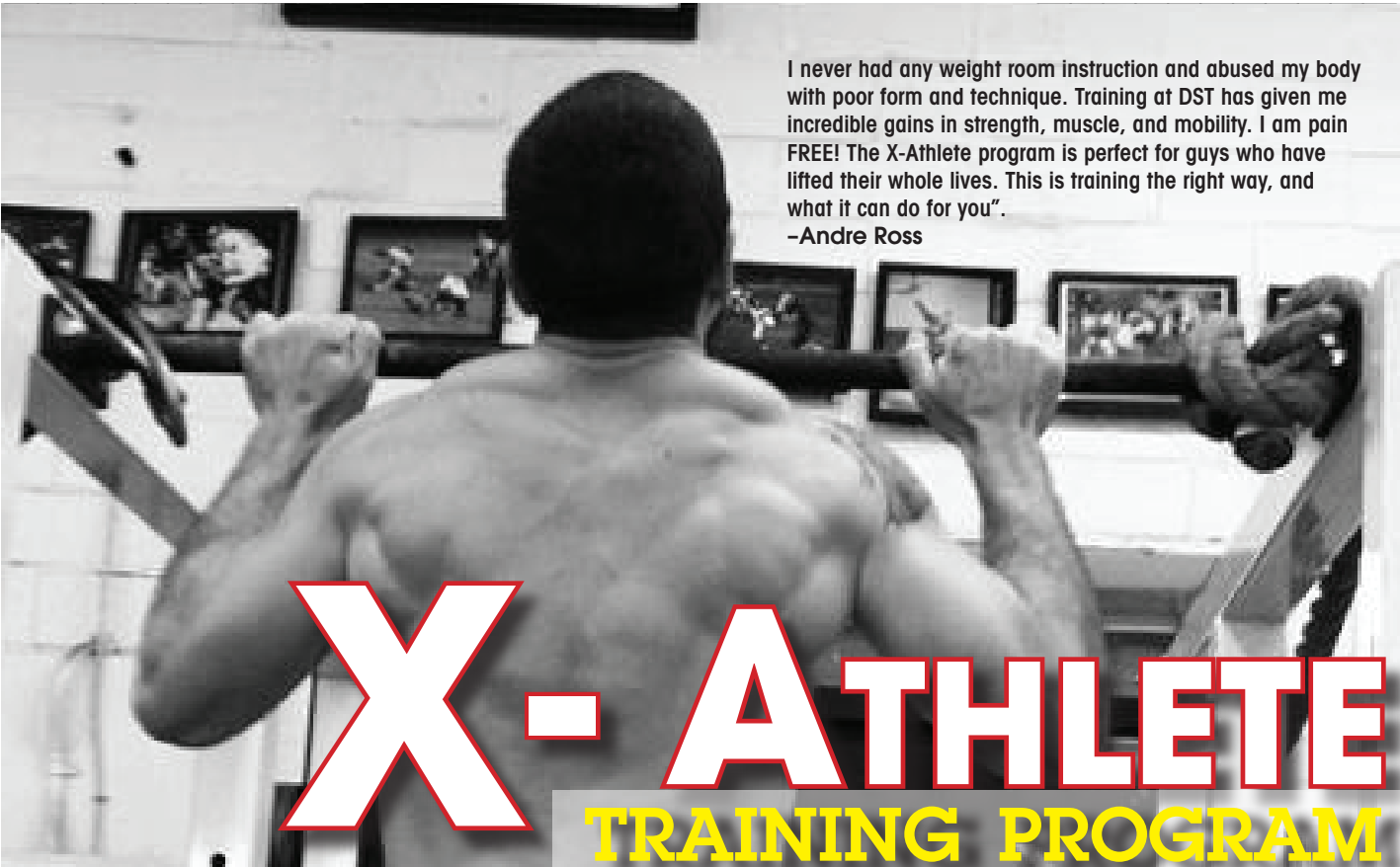


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I never had any weight room instruction and abused my body with poor form and technique. Training at DST has given me incredible gains in strength, muscle, and mobility. I am pain FREE! The X-Athlete program is perfect for guys who have lifted their whole lives. This is training the right way, and what it can do for you".

-Andre Ross

# X-ATHLETE

## TRAINING PROGRAM

**Are YOU a Former Standout Athlete Who Has Lost Your Athleticism? Are YOU Still Competitive? Do YOU Want to Train Like the DST Athletes?**

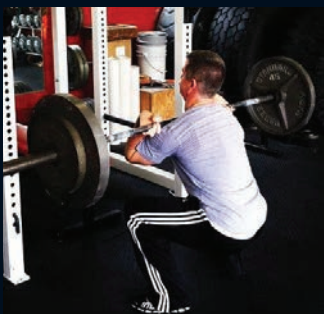
This X-Athlete Program is designed ONLY for former athletes who still have that competitive nature and burning desire to train! Through our X-Athlete Program our main goal is to help fix YOUR form and re-create YOU as an athlete. Through our structured programs YOU will not only be the strongest you have ever been we will help you regain your health back.

- Do YOU remember training as an athlete?
- Do YOU remember that feeling of strength & accomplishment?
- YOU are NEVER too old to train...PERIOD!
- Regain YOUR lost strength and health back!

### What to expect with the X-Athlete Program

- YOU will not only pack on strength but YOU will get jacked! (like Andre)
- YOUR aches and pains are NOT from the old days of training but from training improperly during the old days!
- We **GUARENTEE** to re-create **YOU** as an athlete!

**The Time is Now, Stop Making Excuses & Feeling Bad for Yourself!**



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